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What is claimed is:

1. A method of inhibiting the attachment of *H. influenzae* to human cells by administering to a human a therapeutically effective amount of a composition comprising at least one component selected from peaks 1, 6 and 7 of a C18-HPLC of an aqueous extract of at least one plant selected from the groups consisting of *Pogostemon cablin* and *Agastache rugosa*.
2. The method of claim 1 wherein the therapeutically effective amount of said composition is at least 0.01 gms per day.
3. The method of claim 1 wherein said component is characterized by peaks 1, 6 and 7 in Figures 1A, 1B, 3A and 3B.
4. A method for the treatment or prevention of *Otitis media* in a human, said method comprising administering to said human an effective amount of a composition comprising at least one component characterized by C18-HPLC peaks 1, 6 and 7 from at least one aqueous extract from at least one plant selected from the group consisting of *Pogostemon cablin* and *Agastache rugosa*.
5. The method of claim 4 wherein said component is characterized by peaks 1, 6 and 7 from Figures 1A, 1B, 3A and 3B.
6. A composition of matter characterized as peaks 1, 6 and 7 in Figures 1A and 3A.
7. A composition of matter characterized as peaks 1, 6 and 7 in Figures 1B and 3B.